

SUNRISE PARK MONTHLY NEWSLETTER

November 2019



Attendance Office [651-653-2706](tel:651-653-2706) | Attendance Hotline [651-653-2723](tel:651-653-2723) | Health Office [651-653-2713](tel:651-653-2713) | Main Office [651-653-2700](tel:651-653-2700)

[Sunrise Park Website](#)

[Sunrise Park Calendar](#)

[Sunrise Park News](#)

Sunrise Park Upcoming Events

November 5:	No School (Teacher Professional Learning), Election Day
November 6:	Parent Safety Information Night
November 7:	5:30 - 7:00 pm, AVID Family Night 7:30-8:30 pm, Week Without Walls Meeting, Sunrise Media Center
November 8:	End of 1st Quarter
November 13:	Career Pathways Expo
November 14:	3:30-7:30 pm, Conferences
November 15-16:	Aida, High School Musical
November 19:	3:30-7:30 pm, Conferences
November 21:	Community Mental Well-Being Series
November 27-29:	No School, Thanksgiving Break
December 6:	3:00-4:45 pm, 7th & 8th Grade Party

Saturday Voting Information

Voting is open this Saturday, Nov. 2 at the following local locations:

- 10 a.m. - 3 p.m. at Ramsey County Library-White Bear Lake, 2150 - 2nd Street, White Bear Lake (for Ramsey County residents)

Complete early voting information can be found on the district's website at www.isd624.org/Bond2019.

Sunrise Voting Information for November 5

The voting entrance is Door I (on the north side of the building). Parking is available on the north, east and west sides of the building. The voting area is not accessible to/from the rest of the school building. Use Door A for regular school business.

Polls will be open on Nov. 5, 7 a.m. to 8 p.m. Your polling location is determined by where you live and may be different from previous elections. Visit www.mnvotes.org or call 651-407-7563 to find your location.

The decision for November 5, 2019 to be scheduled as a No School Staff Professional Development Day was made when the calendar committee was creating the 2019-20 calendar approved by the School Board on December 10, 2018. The decision was made in response to parents and community members who expressed safety and security concerns related to the potential for the mixing of community visitors and students in those buildings throughout the district that serve as polling locations during elections.



Building Bond 2019 Referendum Voting Information

On November 5, White Bear Lake Area School District residents will vote whether to provide funding for building needs across the district. If approved, the bond funding would provide space for our growing enrollment, improve school safety and security, address deferred maintenance needs and update classrooms for more flexible learning spaces. Voting is now open. Find information below about how you can vote in person, by mail or on Election Day:

Please feel free to reach out with any questions to Bond2019@isd624.org or contact the Superintendent's Office at 651-407-7563. More information about the referendum can also be found at www.isd624.org/Bond2019.

Drop Off & Pick Up

Help us keep children safe. Please do not drop off/pick up on the Cedar side of the building during these times: 7:45 - 8:15 am and 2:45 - 3:15 pm. This creates a dangerous situation, as students tend to dodge between buses. Parents may drop off/pick up students on the east and west sides of the building during these times.

Conferences

Sunrise Park Middle School conferences will be held Thursday, November 14 and Tuesday November 19. They are an open house format with no sign-up times. Teachers will be in their classrooms. Please wait outside the classroom for your turn. Keep conference times to five minutes per student.

- A play space for young children will be provided in Gym 3.
- Pizza will be available for those attending conferences in the cafeteria. Students must be accompanied by an adult.
- Student schedules, maps and lost and found will be by door A. Please be aware that all lost and found items will be donated after conferences.
- Click on the links below for more information.
 - [Traveling/Part-time teacher conference schedule](#)
 - [Teacher Map](#)

Sunrise Honors Our Veterans!

To honor active military personnel and military veterans connected to Sunrise Park Middle School families we have a "Wall of Heroes" where we display their pictures. If you have a family member you would like to see on our wall please send:

- ★ their color photo (it can be printed on paper)
- ★ their full name
- ★ what branch of the military they are/were in
- ★ your student's full name
- ★ their relationship to your student

Send an electronic copy to rachael.markuson@isd624.org or bring a paper copy into the main office.

Information from the Health Office

Please consider vaccinating against influenza! Flu shots are offered at your doctor's office and local pharmacy.

*The CDC is recommending everyone receive the flu vaccine by the end of October for the 2019-20 influenza season.

*For FAQ about the 2019-20 influenza vaccine and season:

<https://www.cdc.gov/flu/season/faq-flu-season-2019-2020.htm>

Symptoms of influenza (high fever, cough, sore throat) must be reported to school on the attendance line.

Influenza -Symptom Screener:

In English: <https://www.health.state.mn.us/diseases/flu/school/parentscreens.pdf>

In Hmong: <https://www.health.state.mn.us/diseases/flu/school/parentscreenshm.pdf>

In Somali: <https://www.health.state.mn.us/diseases/flu/school/parentscreenso.pdf>

In Spanish: <https://www.health.state.mn.us/diseases/flu/school/parentscreensp.pdf>

Please keep Halloween candies containing nuts or peanut butter at home. We have students in the building with life threatening peanut and nut allergies!

For White Bear Lake residents, the City of White Bear Lake has issued the following public service announcement regarding lead in the residential drinking water:

<https://www.whitebearlake.org/ourcommunity/page/public-service-announcement-lead>

Yearbooks

New this year, we will offer a soft cover yearbook for a lower price. Purchase your yearbook before 12/31/19 and lock in your price of \$20.00 and you will be guaranteed a copy. The price will increase to \$25.00 on January 1, 2020. Another new feature, customized covers! For an additional fee, you can add personalized text and icons to make your yearbook truly yours. Order forms are available in 105B and on the website. Purchase your yearbook on [FeePay](#) or in 105B.

FLEX

FLEX is a free after school program at Central and Sunrise Park Middle School. The program includes a variety of opportunities for students, including academic support, recreation time, clubs, and service opportunities. Clubs are teacher-led as well as youth-generated. The program runs Monday-Thursday after school only. Students can take the activity bus home, walk, or be picked up by a guardian. All students must be registered for the program.

More Information:

<https://communityservices.isd624.org/youth/flex>

Register online:

<http://bit.ly/SunriseFLEX>

Safety Information Night

Parents are invited to Safety Information Night from 5:30 to 8:30 p.m. on Wednesday, November 6 at WBLAHS - South Campus. The free Information Night is an opportunity for parents to enjoy a free dinner and learn more about mental health, human trafficking, internet safety, youth drug trends and awareness, teen driving laws and safety. Free childcare is available for those in need. To register for daycare, please email Sergeant John Vette at JVette@whitebearlake.org and include your children's names and ages. [Learn more.](#)

AVID Family Night

Attention AVID students and families: AVID Family Night is Thursday, November 7 from 5:30-7:00 pm.

Dinner will be provided. See you then!

Career Pathways Expo

Community members are invited to enjoy the Career Pathways Expo from 3-5 p.m. on Wednesday, Nov. 13 at WBLAHS - South Campus (3551 McKnight Road, White Bear Lake). All ages are welcome to this fun and free event where there is something for everyone:

Career Pathways Expo

- Apply for and explore high demand jobs
- Enjoy hands-on activities and demonstrations
- Network with industry professionals

Aida

2019 Fall Musical "Aida" information is available [here](#).

These productions tend to sell-out quickly, be sure to get a seat!

Community Mental Well-Being Series

Adverse Childhood Experiences & Relational Trauma: What it is, how to identify it and how to heal from it.

Date: November 21, 2019

Time: 7:00-8:30 pm

Location: District Center Community Room (112)

Description: In this interactive and engaging session, we will explore Adverse Childhood Experiences (ACEs) and how these less than nurturing experiences affect your life today through organic disease, social malfunction, behavioral issues and mental illness. You will learn the criteria in the ACE screening and also be able to identify different types of trauma such as “big T” and “little t” trauma, generational and historical trauma. We will provide tips on how to build healthy boundaries in relationships that will foster resiliency and growth.

Hosted by: Family Resource Recovery Experts (FRrē)

LUS CEEB TOOM! Yog koj xav tau daim ntawv no, txhais ua lus Hmoob, thov hu rau Mas Lias Xyooj (651) 407-7626 los yog hu rau Xw Xyooj (651) 407-7623.

ATENCIÓN: Si usted necesita hablar con una persona que hable Español, por favor, llame al (651) 407-7625.